

CENTER FOR SENIOR ACTIVITIES—JANUARY 2011 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Marsala Rice Pilaf Jardinière Vegetable Blend Tossed Salad Pineapple Chunks	4 Beef Barley Soup Eggplant Rollatini with Marinara Sauce Broccoli Carrot Slaw Tapioca	5 Beef Stew with Biscuit Tuscany Blend Vegetables Beet Salad Orange	6 Lemon Baked Tilapia Corn Stewed Tomatoes Coleslaw Birthday Cake	7 Lentil Soup Vegetable Lasagna Chopped Spinach Tomato Salad Fruited Jell-O
10 Boneless Pork Chop Roasted Red Potatoes California Blend Vegetables 3-Bean Salad Pumpkin Pie	11 Hunter Chicken Brown Rice Broccoli Spinach Salad Sliced Peaches	12 Herbed Baked Filet of Sole Baked Acorn Squash Cauliflower Caesar Salad Sliced Apples and Raisins	13 Roast Turkey Baked Sweet Potato Peas and Onions Green Bean Salad Yogurt	14 Tomato Soup Swedish Meatballs Noodles Scandinavian Vegetables Tossed Green Salad Mandarin Oranges
17 MARTIN LUTHER KING JR. HOLIDAY	18 Meatloaf with Gravy Whipped Potatoes Fiesta Blend Vegetables Tomato/Cucumber Salad Jell-O	19 Baked Chicken Quarter Corn Spinach Cauliflower Salad Oatmeal Raisin Cookie	20 Corned Beef w/Cabbage Boiled Potatoes Baby Carrots Field Greens Banana	21 Pork Loin Potato Pancake Broccoli Applesauce Blueberry Pie
24 Shrimp Creole White Rice Asparagus Tips Tossed Salad Tropical Fruit Mix	25 Veal Goulash Egg Noodles Mixed Vegetables Spinach Salad Orange	26 Yankee Pot Roast Mashed Potatoes Zucchini Carrot Raisin Salad Brownie	27 BBQ Ribs Butternut Squash Country Style Vegetables Beet Salad Pineapple Chunks	28 Chicken Piccata Wild Rice Brussels Sprouts Tomato Salad Apple Crisp
31 Cheese Ravioli with Meat Sauce Sautéed Peppers and Onions Cucumber Salad Diced Pears				

Soup du jour, Whole Grain Bread, Butter and Skim or 1% Milk served daily

Lunch is served at 12 noon. Reservations are required at least 24 hours in advance--341-5099

Soups are 6 oz. portions, Entrees are 3 oz. portions, Vegetables & Salads are 4 oz. portions, Desserts are 4 oz. portions, Bread is 1 slice each, Milk 8 oz.

***Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions**

Suggested Donation: \$4-\$6